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11.11.62.

Dear Tim,

I forgot, in my last
letter, to answer your
question about Tantra.
There are enormous
books on the subject
by "Arthur Avalon"
(Sir John Woodruff),
which one can dip
into with some
profit. Then there is
a chapter on it in
Heinrich Zimmer's
"philosophies of

Indra. The ~~most~~ fullest
scholarly treatment, on
a manageable scale,
is in Mircea Eliade's
See ^{various books on} ~~also~~ ^{concepts in Buddhist Texts}
Yoga. As far as one
can understand it,
Tantra seems to
be a strong mixture
of superstition &
magic with sublime
philosophy & acute
philosophical insights.
There is an endless
amount of ritual
& word-magic. But
the basic ideal
seems to me the
highest possible ideal
— enlightenment,
not apart from

2/

achieved, essentially,
through constant
awareness. This is the
ultimate yoga — being
aware, conscious ^{even} of the
unconscious — on every
level from the physiologic-
al to the spiritual.
In this context see
the list of 112 exercises
in awareness,
~~so~~ extracted from a
Tantric text & printed
at the end of
"Zen Flesh, Zen
Bones" (now in paper-
back). The whole of
Gestalt Therapy is
anticipated in these
exercises — & the

the world (as with
the Vedantists & the
Nirvana-addicts of the
Hinayana school of
Buddhists), but within
the world, through the
world, by means of the
ordinary processes of
living. Tantra teaches
a yoga of sex, a
yoga of eating (even
eating forbidden foods
& drinking forbidden
drinks). The sacrament-
alizing of common
life, so that every
event may become
a means ~~from~~ whereby
enlightenment can
be realized, is

3/

Therapy is not
merely for the
abnormal, it is
above all a therapy
for the ~~normal~~
much greater sickness
of insensitiveness &
ignorance which we
call "normality" or
"mental health."

LSD & the mushrooms
shd be used, it seems
to me, in the context
of this basic Tantric
idea of the yoga of
total awareness,
leading to enlighten-
ment within the

word of every day
experience — which
of course becomes the
word of miracle and
beauty & divine mystery
when experience is
what it always
ought to be.

Yours,

Adams